

**OFFICIAL  
RULE BOOK  
& MANUAL  
2006**



**29th ANNUAL**

**HERSHEY'S®  
TRACK & FIELD GAMES**





## **Mission**

*To provide*

a quality recreation and school program where children have fun and are introduced to physical fitness through basic track and field events such as running, jumping and throwing.

**Please check the Hershey's Youth Program Website for marketing tools and additional information.**

[www.hersheystrackandfield.com](http://www.hersheystrackandfield.com)

**National Recreation and Park Association Website:**  
[www.nrpa.org](http://www.nrpa.org)

**USA Track & Field Website:**  
[www.usatf.org](http://www.usatf.org)



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# North American Final Meet Schedule

## Henry Hershey Field

Milton Hershey School

1 .. .Girls Lg. Jp. (9-10) .....	10:15A	22 .. .Boys 100m (13-14) .....	11:40A
2 .. .Boys Lg. Jp. (9-10) .....	10:15A	23 .. .Girls Lg. Jp. (13-14) .....	11:40A
3 .. .Girls S. Throw (9-10) .....	10:15A	24 .. .Boys Lg. Jp. (13-14) .....	11:40A
4 .. .Boys S. Throw (9-10) .....	10:15A	25 .. .Girls S. Throw (13-14) .....	11:40A
5 .. .Girls 1600m (13-14) .....	10:15A	26 .. .Boys S. Throw (13-14) .....	11:40A
6 .. .Boys 1600m (13-14) .....	10:25A	27 .. .Girls 200m (9-10) .....	11:55A
7 .. .Girls 800m (11-12) .....	10:35A	28 .. .Boys 200m (9-10) .....	12:00P
8 .. .Boys 800m (11-12) .....	10:40A	29 .. .Girls 200m (11-12) .....	12:05P
9 .. .Girls 800m (13-14) .....	10:45A	30 .. .Boys 200m (11-12) .....	12:10P
10 .. .Boys 800m (13-14) .....	10:50A	31 .. .Girls 200m (13-14) .....	12:15P
11 .. .Girls Lg. Jp. (11-12) .....	10:50A	32 .. .Boys 200m (13-14) .....	12:20P
12 .. .Boys Lg. Jp. (11-12) .....	10:50A	33 .. .Girls 400m (9-10) .....	12:30P
13 .. .Girls S. Throw (11-12) .....	10:50A	34 .. .Boys 400m (9-10) .....	12:35P
14 .. .Boys S. Throw (11-12) .....	10:50A	35 .. .Girls 400m (11-12) .....	12:40P
15 .. .Girls 50m (9-10) .....	11:05A	36 .. .Boys 400m (11-12) .....	12:45P
16 .. .Boys 50m (9-10) .....	11:10A	37 .. .Girls 4 x 100 (9-10) .....	12:55P
17 .. .Girls 100m (9-10) .....	11:15A	38 .. .Boys 4 x 100 (9-10) .....	1:05P
18 .. .Boys 100m (9-10) .....	11:20A	39 .. .Girls 4 x 100 (11-12) .....	1:15P
19 .. .Girls 100m (11-12) .....	11:25A	40 .. .Boys 4 x 100 (11-12) .....	1:25P
20 .. .Boys 100m (11-12) .....	11:30A	41 .. .Girls 4 x 100 (13-14) .....	1:35P
21 .. .Girls 100m (13-14) .....	11:35A	42 .. .Boys 4 x 100 (13-14) .....	1:45P

Awards will be presented after each event.

Medals and certificates will be awarded to all participants.

## Key Dates and Rule Changes for 2006

**Changes to the 2006 Rules** (The figures below refer to Rule, Section and Article, respectively.\*)

Pages 4-5 .....

**1-3-5 .....**

6-1-1 .....

9 and 10 year olds (born in 1996 or 1997)

6-1-2 .....

11 and 12 year olds (born in 1994 or 1995)

13 and 14 year olds (born in 1992 or 1993)

**9-1-1 .....**

10-1-1 .....

10-2-1 .....

10-3-1 .....

**2007 North American Final .....**

11-1-3 .....

Page 6 .....

Page 21 .....

**\*All changes and corrections are in bold type within the respective sections.**

# Letter from the Founder



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The purpose of Hershey's Track & Field Games is to promote physical fitness and participation for the youth of North America. I must stress the importance of the basic philosophy of this program - to stimulate the participation of all eligible children. It is no way to be construed as an all-star program for chosen individuals.

Learning, participation, enjoyment and physical exercise are the main elements of this program. At all times we shall strive to maintain the conduct of this program at a very basic level for these children. Therefore, it is of the utmost importance to stress participation at local park and recreation departments, schools and other community service organizations.

Through proper guidance and assistance, it is our firm belief and hope that we may positively shape the direction of the future of these children.

A handwritten signature in black ink, which appears to read "Donald P. Cohen".

**Donald P. Cohen**  
**Founder**  
**Hershey's Track & Field Games**



# State Chairs/Provincial Coordinators

## ***Region 1***

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Note: (Year) – year named state chair/provincial coordinator



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\*See Hershey's website for possible updated information:

[www.hersheystrackandfield.com](http://www.hersheystrackandfield.com)

# HIGHLIGHTS OF THE RULES

*The information below will assist you in conducting a local Hershey's Track & Field Games meet. This information is taken from the Official Rule Book.*

1. The only restriction for participation is age. A participant's age is as of December 31, 2006.

9 & 10 Year Olds  
Born in 1996-1997

11 & 12 Year Olds  
Born in 1994-1995

13 & 14 Year Olds  
Born in 1992-1993

*A participant must compete in his/her age group and sex division.*

2. Participants who take part in Junior Varsity or Varsity Track Programs or are members of a Track Club ARE eligible to participate in the Hershey's Track & Field Games as long as the state/provincial high school athletic governing body does not prohibit participation.
3. Participants may not wear shoes designated for spikes. In field events, any shoes designed for turf sports are not allowed.
4. Participants may not compete in their bare feet, slippers or socks.
5. Participants may not wear jewelry and hair beads or decoration or sunglasses.
6. Starting blocks are not permitted.
7. A participant may compete in only three events (this may be two running events (includes relays) and a field event or two field events and a running event). A participant may not compete in three running events.
8. A participant who is disqualified for unsportsmanlike conduct may not participate further in that meet and will lose any previous earned awards.
9. Times will be recorded to the nearest 100th of a second and distances will be measured in feet and inches to the nearest one quarter inch (except in Canada).
10. In the case of ties for first place, there must be a run off for the running event. In the field events the contestant with the best second throw or jump will be declared the winner.
11. Each running competitor is allowed one false start.
12. All local meet winners must have their age verified at the local level competition.
13. In the relay, the acceleration zone will not be used and aids may not be used.
14. A competitor should be excused from a field event so that he/she may participate in a running event. The individual shall return to the field event immediately following the completion of that running event.
15. A participant may enter only one local meet.
16. A participant must participate in the state/province in which he/she resides.
17. Lane and position can be drawn by chance or seeded.
18. SOFTBALL THROW - The set-up, the conduct of, and the measurement of throws was changed in 1996. Please refer to page 13 in the Rule Book.
19. Usually the winners at a local meet advance to the district/regional meet in states/provinces where district/regional meets are held.
20. Most district/regional and state/provincial meets will be held rain or shine.
21. There must be at least 5 participants from each state/province in each region that qualify for the North American Final Meet. All regional winners will qualify for the North American Final Meet.



## Rule 1

### definitions

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#### Section 1

##### field events

**article 1** A flight is a round of trials for contestants in the Softball Throw and the Standing Long Jump.

**article 2** A foul is one which is counted as a trial, but which is not measured because of some violation of the rules.

**article 3** The scratch mark is the line which is used in the Standing Long Jump and the Softball Throw to mark the limit beyond which a competitor may not touch during competition.

**article 4** All field events in the U.S. will be measured in feet and inches to the nearest one quarter inch (except Canada which will use the Universal metric standard measurement).

**article 5** In Canada, the field events will be measured in universal metric at local, regional and provincial meets. The meters will be converted to feet and nearest quarter inch when submitted to the Regional Coordinator for the North American Final Meet.

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#### Section 2

##### finish

**article 1** A dead heat is a situation in which two runners cross the finish line at exactly the same instant. This results in a tie if winning places are involved.

**article 2** The finish tape is a soft material which can be stretched across the track directly above the finish line to aid the judges in determining which runner crosses the finish line first.

#### Section 3

##### general conditions

**article 1** A preliminary flight or heat is the first level of competition in any event which qualifies participants for the next level of competition.

**article 2** To qualify is to win the right to participate in a semi-final or final race or flight by meeting certain standards in an earlier race or flight.

**article 3** To scratch is to designate the withdrawal of an entry before competition begins.

**article 4** No spikes or shoes designated for spikes will be allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed, e.g., football/soccer shoes. The participant's shoe cannot be used to gain an advantage. Any violation of this rule will cause disqualification of the participant and forfeiture of any awards. A shoe is a covering for the foot and must be used by participants. The Aqua Sock (or similar footwear) is permissible. The use of ballet-type slippers or socks does not meet the requirements of this rule. No athlete will be allowed to compete in bare feet.

**article 5** The proper track uniform consists of a minimum of a jersey or blouse, boxer-type trunks or shorts, sweats, long pants, leotards or tights which are not objectionable, and shoes. (See Rule 2, Competitors and Attendants, Section 3, Art. 1, 2, and 3). Jewelry, hair beads and decoration, sunglasses (except prescription) shall not be allowed during competition.

**article 6** Unsportsmanlike conduct is conduct which is unfair or language which will bring discredit to the individual or the team: disrespectfully addressing an official; using profanity; criticizing an opponent or an official; throwing a baton following a relay.

#### Section 4

##### relays

**article 1** The baton is the implement which is used in a relay race and is handed by each runner to the succeeding teammate.

**article 2** An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20.11 meters (22 yards) long.

**article 3** A relay is a race during which four runners participate as a team. An individual leg of the relay is finished when the incoming runner passes the baton to the succeeding runner.

**article 4** A relay leg is the distance over which one runner of a relay team must run. Each runner may run only one leg of the relay.

**article 5** In the sprint relay, outgoing runners waiting for the baton must take positions and begin running inside the passing (exchange) zone. The baton will be passed within the exchange zone (it is only the position of the baton which is decisive and not the position of the body or limbs of the competitor).

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#### Section 5

##### starting

**article 1** The starting runner may not touch the scratch line or the ground in front of it until after the starting gun has been fired.

**article 2** A staggered start is a method of equating the distance for all competitors when a race is run in lanes around one or more curves (200M or 400M). The runner or relay team assigned to the second and each succeeding lane starts a specified distance ahead of the runner on the left.

**article 3** In the 800 and 1600 meter races, a curved starting line (**lower car start**) will be used so that each competitor will run the same distance going into the curve. (See Rule 5, Section 1, on Lane Infractions)

**article 4** Starting blocks are not permitted.

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## Section 6

### track events

**article 1** Course is a general term used to indicate the path of a runner. In races where each runner is required to remain in a specified lane, the course is the same as the lane.

**article 2** A heat is a preliminary race to eliminate slower competitors so the final race will include as many of the fastest competitors as desired. When there are a great number of entries in a given event, the heats could be arranged in preliminary and semi-final rounds (the number of final competitors is at least equal to the number of awards to be given). A final heat may or may not be conducted at local, district/regional and state/provincial meets based upon a decision of the meet committee.

**article 3** To jostle is to run against or elbow another runner. It is a form of crowding or bumping between two runners which hampers or impedes one of them.

**article 4** A lane is the course which is marked on the track for a race. A runner must stay in this prescribed path unless informed otherwise by the starter. Lanes vary in width depending upon the size of the track and the number desired for a given meet. Lanes should be one meter, seven centimeters (42 inches) wide whenever possible. (See Rule 5, Sections 1 and 2)

**article 5** A runner is a participant in a race. Other terms used to designate a participant are contestant and competitor.

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## Section 7

### track meet

**article 1** All distances except field events will be measured in meters. Field events will be measured in feet and inches to the nearest one quarter inch (except in Canada).

**article 2** If preliminary heats are conducted, only winning times/marks for the final event will be submitted (i.e., heat or trial times/marks will not be submitted).

**article 3** The Board of Review is the administrative body responsible for the proper conduct of a track meet. The committee for the North American Final consists of three members of the Board of Directors.

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## Rule 2

### competitors & attendants

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## Section 1

### participation limitation

**article 1** Each competitor is individually responsible for promptly reporting for each event entered. He or she must report to the Clerk of Course or bullpen for any running event or the designated area for field events.

**article 2** A contestant shall not enter nor compete in more than three (3) events (track and/or field) in competition at the local, district or state/provincial track and field meets. Participation is limited to two (2) field events and one (1) running event; or two (2) running events and one (1) field event. Relays are considered running events. If a competitor exceeds the participation limitation, all individual awards earned by that

competitor in any event shall be forfeited. This rule does not apply to competition at the North American Final; an individual may be selected to compete only in one event at the North American Final. This one event may be a running event, a relay event or a field event.

**article 3** Attendants may not accompany a competitor to the starting area. Any competitor will be disqualified if, in the opinion of the meet referee, the runner has in any way been aided by a coach, teammate or anyone connected directly or indirectly with the individual concerned. Such aid includes running alongside a teammate, being stationed at various points near the track, or located near any of the field events for the purpose of aiding or coaching the competitor after the race or field event has been started.

**article 4** A competitor officially becomes a participant when he or she, or a relay team of which they are a member, reports to the Clerk of Course or to the Judge of a field event in which he or she is entered. Participant will not be permitted to enter the competition after the Clerk closes the entries in the running events, or in the field events after the Judge has determined the places for the competition.

## Section 2

### disqualification

**article 1** Any competitor who is disqualified for unsportsmanlike conduct is ineligible for further participation in the meet in progress and forfeits any awards due.

**article 2** At the North American Final, any cause for disqualification shall first be discussed with the competitor's regional coordinator. At the state/provincial, district/regional and local meets, the meet director or his/her representative will inform the participant of the disqualification.

(Continued on next page)

**article 3** At all meets, all protests must be filed with the Meet Referee in writing within fifteen (15) minutes of the ruling (disqualification). At the North American Final Meet, these protests must be submitted by the Regional Coordinator.

**article 4** At the North American Final, a Board of Review shall serve as the final Board of Review relative to all protests. This board shall consist of three members from the Board of Directors.

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### Section 3 uniforms

**article 1** A competitor must be in the proper track uniform and wearing the assigned contestant number (when numbers are used) before being permitted to compete.

**article 2** The recommended uniforms for the state/provincial meet will consist of the official youth program state/province final t-shirt, shorts (boxer-type trunks, gym trunks, sweats, long pants, leotards or tights which are not objectionable), and shoes. Relay teams may run in leotards or tights which may or may not match in color.

**article 3** The proper uniform for the North American Final will consist of the official youth program shirt, as issued, shorts (boxer-type trunks, gym trunks, sweats, long pants, leotards or tights which are not objectionable), and shoes. Relay teams may run in leotards or tights which do not match in color.

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## Rule 3 awards

### Section 1 awards

**article 1** The Board of Directors encourages the continued use of awards for participants. The Hershey Youth Program Office will continue to provide certificates and ribbons for participants at each state/provincial final meet. At the North American Final, medals and certificates will be awarded to all participants.

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### Section 2 ties

**article 1** A tie in a running event occurs when two or more runners cross the finish line at exactly the same time. If the time is equal, the runner with the higher picked place is the winner. If place and time are the same, the persons involved will rerun the race at an appropriate time during the meet. When two or more runners or relay teams, running in separate heats or sections, have identical times, those involved will rerun the race at an appropriate time during the meet.

**article 2** When there is a tie for places in field events determined by distance, the higher place is awarded to the competitor whose second best performance is better than the second best performance of any other competitor tied for that place.

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## Rule 4 start & finish

### Section 1 start

**article 1** The starting of each race shall be done by the report of a pistol fired so that its smoke or flash will be visible to the timers or other sounding device. A whistle or starting pistol of any caliber may be used.

**article 2** For an unfair start, the starter or assistant starter shall recall the runners by a second shot. If any competitor is in motion after a starter gives an order to "Set," the starter shall not fire the pistol or blow the whistle and will ask the athletes to stand.

**article 3** The starter must receive a hand signal or whistle from the head judge that the judges are ready. When communicating with the starter, the head finish judge should use the following signals: (1) to indicate ready, move one arm upward full extension and down to the side five times in succession accompanied by the use of a whistle; (2) to indicate not ready, move both arms to full extension and criss-cross them. Do not use whistle.

**article 4** In starting sprints, the starter shall direct the competitors "On your marks." At this signal, the competitors will immediately take their proper positions on their starting lines. After they have taken their positions and are steady on their marks, the starter shall instruct them to "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their bodies touches on or over the starting line. After an interval of approximately two seconds, when all competitors are set and motionless, the starter shall fire the pistol, or blow the whistle.

**article 5** For races of 800 meters and longer, the starter will use the command “Runners Set” and, when all competitors are steady, shall fire the pistol, or blow the whistle.

**article 6** A false start occurs when a runner fails to comply with the starter’s commands; or when a runner leaves the mark with a hand or foot after the “Set” instruction, but before the pistol is fired or whistle blown or when a runner leaves the mark without the pistol being fired or whistle blown. The offenders shall be warned the first time and shall be disqualified on the second violation. If a competitor uses tactics at the starting line which are designed to disconcert, he or she will be warned. If the runner’s action is repeated, the contestant will be disqualified.

**article 7** No starting equipment for the runners will be allowed.

**article 8** In the state/provincial and North American Final meets, all lanes (and positions) may either be drawn by chance or seeded.

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## Section 2 finish

**article 1** The finish line is a line on the ground across the track from finish post to finish post. It shall be indicated by a mark drawn just outside the measured course so that the inner edge of the mark coincides with the actual finish line. The competitors place in the order in which any part of their bodies (e.g., torso, as distinguished from head, neck, arms, legs, feet or hands) reaches that edge of the finish line first crossed by the competitor.

**article 2** For the purpose of aiding the judges, but not to be used as a finish line, soft material may be stretched across the track at the finish (approximately one meter, 21.92 centimeters or four feet above the ground). This soft material shall be

“breasted” by the competitor or competitors finishing and must not be seized by the hand. A soft material in white, yellow or orange has been found to be satisfactory.

**article 3** State/provincial times for running events will be recorded to the 100ths. It is strongly suggested that all meets should be recorded to the 100ths in running events.

**article 4** The Board of Review may approve the use of an official Full Automatic Timing system (FAT) to verify the outcome of any race (use must be determined before the event begins). The standard conversion when not using the FAT system does not apply to Hershey Youth Program meets.

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## Rule 5 running infractions

### Section 1 lane infractions

**article 1** When a race is run in lanes, each competitor shall keep his or her own position in the course during the entire race. A competitor who, without being fouled and while running around a curve, gains an advantage by stepping on or over the inside lane line may be disqualified. A competitor shall be disqualified who, without being fouled and while running around a curve, steps on or over this lane line for three or more consecutive steps either with one or both feet.

**article 2** In a race involving a curve and where lanes are not specified, a runner may change toward the inside or outside of the track when he or she is one full running stride (2.2 meters, seven feet) in advance of the runner whose path is crossed. It is not a foul if a

runner crosses to the inside or outside if this action does not interfere in any way with another competitor’s stride.

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## Section 2 interference

**article 1** If any runner impedes another competitor by jostling or running across an opponent’s path, deliberately runs on or inside the track curb (or painted line), or illegally runs outside the assigned lane or course, the referee shall disqualify the runner, or in a team race, the entire team.

**article 2** If interference occurs in any preliminary heat, the referee may allow the offended runner or team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, just as if the runner or the team had won a place. If interference occurs in the final heat, the referee may order a new race between all of those who, in his opinion, are entitled to the privilege.

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## Section 3 aiding competitor

**article 1** It is unsportsmanlike conduct when: (a) anyone associated directly or indirectly with a competitor paces the contestant by running, or taking a position, along the track for the purpose of coaching or otherwise assisting the runner; (b) a competitor who is a lap behind the leading runner paces or otherwise assists a teammate or impedes another runner; (c) any runner intentionally leaves the track and re-enters to continue the race; (d) contestants who join hands or grasp each other in order to finish a race in a tie; or (e) any competitor who willfully fails to follow the direction of the referee. For any such act, the competitors shall be disqualified.

(Continued on next page)



**article 2** The use of any aid during a race (including carrying a baton, except in a relay) is prohibited. This includes the use of a mark of any type on the track for a relay.

## Rule 6

### *age groups, sex division & eligibility*

#### Section 1

##### age groups

**article 1** Contestants will compete in events according to their age. There will be three age groups:

- 9 and 10 year olds**  
(born in 1996 or 1997)
- 11 and 12 year olds**  
(born in 1994 or 1995)
- 13 and 14 year olds**  
(born in 1992 or 1993)

**article 2** Competitors will determine which age group to enter by calculating their age on December 31, 2006. Nine-year-olds must be born during 1997, ten-year-olds must be born during 1996, eleven-year-olds must be born during 1995, twelve-year-olds must be born during 1994, thirteen-year-olds must be born during 1993 and fourteen-year-olds must be born during 1992.

**article 3** All contestants must compete in their respective age groups.

**article 4** Any contestant who enters or competes in an age group which he or she does not legally belong will be disqualified from that event.

**article 5** Each contestant must show documented proof of age to the local sponsoring agency.

**article 6** Proof of age will be approved only after viewing a birth certificate or equivalent legal document, such as passport, adoption

papers, certified school record, baptismal certificate or hospital certificate. The state chair/provincial coordinator must verify the age of each North American finalist with the child's local sponsoring agency.

#### Section 2

##### sex division

**article 1** Contestant will compete within one sex division. Males will compete with males and females will compete with females.

#### Section 3

##### eligibility

**article 1** The intent of Hershey's Track & Field Games is to provide a basic playground form of participation for the beginning athlete. Any boy or girl 9-14 years of age is eligible to participate in the program as stated in Rule 6, Section 1, Article 1. Children with disabilities are welcome to participate and will be accommodated whenever reasonably possible.

**article 2** Eligible children must compete in the program in the state/province in which they live. Any eligible child who lives outside the jurisdiction of a local sponsoring agency in his or her state/province, may participate in the program with the permission of the agency. A participant may enter only one local or district/regional meet.

**article 3** Any question regarding eligibility will first be referred to the state/provincial chair. If the question is unresolved, it shall then be presented to the regional coordinator. If the regional coordinator is unable to resolve the question, it shall be presented to the Board of Review. The ruling of this Committee is final.

## Rule 7

### track events

#### Section 1

##### age groups

#### Boys & Girls (9-10)

1. 50 Meter Dash (54 yds., 24.5 inches)
2. 100 Meter Dash (109 yds., 13 inches)
3. 200 Meter Dash (218 yds., 26 inches)
4. 400 Meter Dash (437 yds., 16 inches)
5. 4 x 100 Meter Relay (437 yds., 16 inches x 4)
6. Standing Long Jump
7. Softball Throw

#### Boys & Girls (11-12)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run (874 yds., 32 inches)
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

#### Boys & Girls (13-14)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run (1,749 yds., 28 inches)
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

#### Section 2

##### relays

**article 1** Relays are races between teams of four contestants, no one may run more than one leg. The members of a team may be changed until a preliminary heat has been run. After a heat has been run, only an injured or ill member of the original relay team may be replaced by another runner. The disabled athlete may not enter further competition in the meet.

**article 2** It is permissible for the order of running to be changed between heats and succeeding rounds or the final.

**article 3** Each runner shall carry a baton in hand and shall pass it to the succeeding teammate. The first runner shall start with the baton and the last runner shall carry the baton across the finish line.

**article 4** In relay races, the baton must be passed while it is within a 20.11 meter (22 yard) exchange zone. The exchange zone is determined by lines drawn perpendicular to the inside lane line and 10 meters (11 yards) on each side of the exchange zone mark. The lines marking the limits of the exchange zone are included in the 20.11 meter measurement. The acceleration zone shall not be used.

**article 5** The baton must actually be handed, not thrown, from one competitor to the succeeding teammate. This teammate may not take sole possession of the baton outside the exchange zone. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either runner may retrieve it without penalty provided the runner does not interfere with an opponent. If the baton is dropped outside the exchange zone, it must be retrieved by the runner who dropped it.

**article 6** After passing the baton, the relieved runner should stand still or jog straight ahead unless he or she is in the inside or outside lane. In these cases, the relieved runner shall step off the track as soon as possible.

**article 7** A team shall be disqualified for failure to pass the baton in accordance with the rules. The referee also may disqualify a team for other running infractions. The rules relative to fouling, coaching or impeding a runner apply to relay races as they do to all other track

events, except within the exchange zone. In this case the runner who passes the baton and his/her successor who receives it may overlap each other. The incoming runner shall not assist his/her teammate by pushing him/her.

**article 8** Throwing the baton following the finish of any relay is unsportsmanlike conduct and will cause the relay team to be disqualified.

**article 9** The relay baton shall not exceed 29.9 centimeters (11.81 inches) in length. Its circumference shall be at least 10.16 centimeters (4 inches) and no more than 12.7 centimeters (5 inches). It shall be a smooth, hollow tube made in one piece. The baton shall be made of wood, metal, plastic or other rigid material. It shall weigh at least five decagrams, or 1.766 ounces. The use of tape to wrap the baton is prohibited.

## Rule 8

### field events

#### Section 1

##### general rules

**article 1** Contestants shall report promptly to the Event Judge at the designated location when the event is announced. A contestant shall be charged with an unsuccessful attempt if he or she does not complete a trial or pass it within two minutes after being called for a trial unless excused by the Event Judge to participate in another event.

**article 2** A competitor excused to compete in another event shall return to the excused event immediately following the completion of the other event.

**article 3** In both field events, participants will have two successive attempts. The order of the third

attempt will be decided by the officials in the local, district and state/provincial meets. At the North American Final Meet, order will be decided by shortest to longest distance for the third attempt.

**article 4** All field events will be measured in feet and inches to the nearest one quarter inch (except in Canada).

**article 5** In all field events, the measurements shall be measured and be recorded with the "zero" end of the measuring tape held at the point of a contestant's landing and the feet and inches markings at the center point of the scratch line.

#### Section 2

##### standing long jump

**article 1** All competition in the Standing Long Jump will be on a flat surface. A Long Jump pit may be used. It is recommended that two judges (one on either side to measure length) be used.

**article 2** A competitor may (1) rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground; (2) both feet must be parallel to each other, an equal distance from the scratch line before jumping; (3) both feet must leave the ground at the same time.

**article 3** The jumper must take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial.

**article 4** Each jumper is entitled to three trials. Each trial shall be recorded. The contestant with the longest jump shall be considered the winner.

(Continued on next page)



**article 5** In the case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.

**article 6** Each legal jump shall be measured perpendicularly to the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line or its extension.

### Section 3 softball throw

**article 1** The ball throwing competition will be conducted using a softball with a minimum circumference of 30.14 centimeters (11 7/8 inches), and a maximum circumference of 30.78 centimeters (12 1/8 inches). The minimum weight of the softball must be 17 decagrams (six ounces) and its maximum weight must be 19.13 decagrams (6.75 ounces).

**article 2** The throw may be from either a standing position or on the run.

**article 3** No glove, tape or other foreign substance may be applied to the throwing hand unless it is required for medical reasons.

**article 4** Stepping on or over the scratch line constitutes a foul. A contestant must throw within the five foot throw marks. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial (foul).

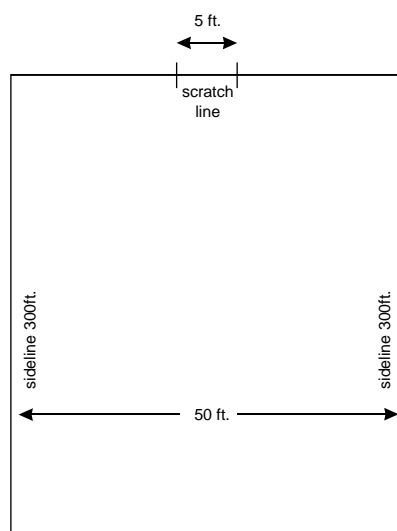
**article 5** Each thrower will be allowed three (3) trials. The longest trial will be considered the winner.

**article 6** In case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.

**article 7** Each legal throw will be measured for distance from a point at the center of the five foot throw marks to the spot where the ball lands between two parallel sidelines.

**article 8** The throw must be made from inside the five-foot throw marks indicated on the scratch line. The ball must land inside the fifty-foot wide parallel sidelines. The line is out of bounds. The measurement is taken from the center of the five-foot throw marks located on the scratch line to the point touched by the ball which is nearest the scratch line.

**article 9** Throws will be conducted in flights as stated in Rule



8, Section 1, Art. 3 and Rule 1, Section 1, Art. 1. (It is suggested that approximately eight competitors make up one flight).

## Rule 9 organization responsibilities

### Section 1 north american/regional responsibilities

**article 1** It is the duty of the regional coordinator to select the sixty (60) regional winners of the respective region based on the state/provincial final results forwarded to the regional coordinator by the chair/coordinator of each state/province in his or her region. Among the criteria for selecting this team will be time and distance comparisons of the winners of each state/province. This sixty member team will represent the region at the North American Final. The regional coordinator, in selecting the regional team, shall designate the makeup of this team so that each state/province in said region is represented by not less than five (5) participants.

**article 2** A participant may be selected to represent a region in one event only. The one event may be a running event, a relay event or a field event.

**article 3** In order to represent a region, a relay team must be the original four individuals who competed as a team in winning their event in the state/provincial final meet. Exceptions must be approved by the regional coordinator.

**article 4** Once the regional coordinator has selected his or her team and airline tickets have been issued, original team members who cannot compete in the North American Final due to illness or special circumstances shall have a replacement named by the regional coordinator from the same state/province.

**article 5** The appointment of the regional coordinator is subject to the approval of the Board of Directors.

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### Section 2

#### state/ provincial responsibilities

**article 1** Each year a state chair/provincial coordinator will be appointed. His or her responsibility will be to coordinate the program.

**article 2** Each state/province may be divided into geographic districts representing the entire state/province. The number of districts shall be sufficient to allow for maximum participation. Each state chair/provincial coordinator will be responsible for ensuring that the program is conducted in a non-discriminatory manner in accordance with all applicable laws within his or her state/province.

**article 3** Each state/province must hold at least one state/provincial final meet. Exceptions must be approved by the Board of Directors.

**article 4** It is the responsibility of the state chair/provincial coordinator to send a complete list of the state/provincial final winners to the regional coordinator within two (2) days of the conclusion of the state/ provincial final meet. This list is to be submitted on a standardized form which will be provided by the Hershey Youth Program. The form must be complete and legible. All running distances will be run in the metric measurement.

Field events will be reported in feet and inches to the nearest one quarter inch (including Canada).

**article 5** The winners of the state/provincial final meet shall be eligible for selection as members of the regional team which will advance to the North American Final. No child who meets the eligibility requirements should be discouraged from competing so long as that child can compete safely.

**article 6** It is the duty of the state chair/provincial coordinator to inform all entrants on the standard local participation form that not every winner in the state/provincial final meet will automatically be selected to participate in the North American Final. Due to the rule of geographical distribution ("...not less than five from each state/province..."), it is not possible, nor is it the intent of the program, to establish a winners only program.

**article 7** Each state chair/provincial coordinator may formulate a plan of action that will incorporate the rules set forth in the Official Rule Book.

**article 8** All ribbon and certificate awards for the state/provincial finals will be provided by the Hershey Youth Program and sent to each state chair/provincial coordinator.

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### Section 3

#### district/regional responsibilities

(within each state/province)

**article 1** Each district/region may organize a committee and elect co-directors. This committee will be responsible for organizing and administering the district/regional track and field program (within the state/province).

**article 2** The District/Regional Committee may elect to divide the district/region into smaller geographical sections.

**article 3** Each district/region may conduct a track and field meet to qualify competitors for the state/provincial meet.

**article 4** All participants must register on the standardized entrance form, a sample of which is included in this Rule Book and Manual.

**article 5** All ribbon awards are to be uniform and standardized. A materials catalog is available for ordering ribbons.

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### Section 4

#### local responsibilities

**article 1** It is the philosophy of the Hershey's Track & Field Games that any eligible child be given an opportunity to participate.

**article 2** Each local participating agency shall hold qualifying trials to determine the best competitors.

**article 3** All participants must register on the standardized entry form, a sample of which is included in this Rule Book and Manual.

**article 4** Local meet directors may supplement the local program by conducting events for participants under 9 years old (as of December 31). The events and age grouping will be at the discretion of the local meet director. Note: These participants will not be able to advance to the next level of competition.

**article 5** All ribbon awards are to be uniform and standardized. A materials catalog is available for ordering ribbons.

(Continued on next page)

## Rule 10

official dates

### Section 1

state/provincial final

**article 1** All state/provincial finals must be completed by July 1, 2006. The results of the state/provincial finals must be submitted electronically, faxed or postmarked no later than July 7, 2006 and sent overnight mail, Federal Express, UPS, DHL, or Airborne Express to the regional coordinators.

### Section 2

regional results

**article 1** The regional coordinators must prepare their regional teams and Fax or mail the results to Hershey Youth Program Office no later than July 10, 2006. Regional team members and their addresses will be sent overnight mail, Federal Express, UPS, DHL, Airborne Express, or electronically.

### Section 3

north american final

**article 1** The North American Final will be held August 3, 4, 5, and 6, 2006. The competition will take place at Henry Hershey Field, on the campus of Milton Hershey School, Hershey, Pa.

## Rule 11

rules

interpretation

### Section 1

general rules

**article 1** These rules have been adopted by the Board of Directors.

**article 2** Interpretation of these rules by the Board of Directors is final.

**article 3** The National Federation of State High School Track and Field Rules govern the conduct of the Hershey's Track & Field Games except when noted in this Official Rule Book. **New** State Chairs and Provincial Coordinators will receive a copy of the Federation Rule Book.

**article 4** A competitor officially becomes a participant when he or she, or a relay team of which they are a member, reports to the Clerk of Course or to the Judge of a field event in which he or she is entered. Participant will not be permitted to enter the competition after the Clerk closes the entries in the running events, or in the field events after the Judge starts competition.

## Rule 12

description of

final facilities

### Section 1

general rules

**article 1** The North American Final will be held at Henry Hershey Field, Milton Hershey School. All running events will be held on an all-weather Recortan Track. Each of the eight lanes is 48 inches wide. The markings are consistent with international rules and include a 50 Meter Dash start line. The Softball Throw will be conducted on a grass-covered field. The Standing Long Jump will be conducted from a scratch board into a raised sand-filled pit.



# Local, District/Regional or State/Provincial Meets

## Equipment List

- Awards stand
- Softballs
- Staple gun and staples
- Masking/Scotch tape
- Pens and pencils
- Refreshments
- Ice and ice chest
- Knife
- Scissors
- Hershey Rule Book & Manual
- Typewriter/computer (supplies)
- Copy of last year's results
- Tables
- Extra construction paper
- Signs
- Easel Photo display
- Stop Watches/Timing device
- Chairs for announcer and awards area
- Ribbons
- Large pin to mark softball throw
- Soft material for finish line
- Batons (extras)
- Clipboards
- Rocks for paperweights
- Measuring tapes (50 feet and 300 feet)
- Starting gun, blanks or other starting device
- Earplugs
- Blank stationery
- Extension cords
- Flags for relay zones
- Envelope prepared for announcer
- Paper clips
- Traffic cones (aiming marks for softball throw)
- United States or Canadian Anthem
- Public Address System

## Meet Director

1. Responsible for overall coordination and accountability for the entire meet.
2. Set date; reserve field (designate parking area, sprinklers, etc.).
3. Order awards-participation certificates and ribbons, if used.
4. Contact Starter and Clerk of Course. Send both the Rule Book before the meet.
5. Reserve use of scoreboard (if available).
6. Contact concessionaire.
7. Contact sound system contractor.
8. Make all arrangements for guest athlete, i.e. invitation, responsibilities, confirmation and thank you letters.
9. Invite previous participants to attend-let them pass out ribbons at awards table.
10. Develop a Schedule of Events.
11. Contact Medical Services (Red Cross, First Aid, Ambulance) and send confirmation letter. Confirm with phone call.
12. Secure announcer and send confirmation and thank you letter.
13. Reserve table and chairs and arrange for pick-up and delivery the day of the meet.
14. Arrange for van/truck to haul meet equipment.

## District/Regional or State/Provincial Coordinator

*Keep State/Provincial Chair informed about the status of these responsibilities:*

1. Obtain local track meet results from participating cities.
2. Compile local track results for meet program.
3. Prepare and print program (front cover and any photos). Print enough copies for athletes and spectators.
4. Type event/heat sheets.
5. Include volunteer schedule in program.

## Volunteer Coordinator

*Keep Local Meet Director informed about the status of these responsibilities:*

1. Recruit volunteers.
2. Make volunteer phone calls, indicate times available, send confirmation letters.
3. Type volunteer assignments.
4. Publicity
5. Send confirmation letters.
6. Send thank you notes.



# Local Meet Check List

## *miscellaneous*

task	completed
availability of field	_____
pre-meet publicity	_____
marking of field	_____
concession stand	_____
first aid/ambulance	_____
public address system	_____
meet publicity (TV/paper)	_____
post-meet publicity	_____
meet clean-up	_____

## *awards*

item	completed
certificates	_____
ribbons	_____
medals	_____
shirts	_____
other	_____

## *supplies*

item	completed
starting gun/whistle	_____
starter gun shells	_____
batons	_____
official softballs - 12"	_____
50 ft. measuring tape	_____
300ft. measuring tape	_____
finish line string (optional)	_____

# Registration

## *check-in guidelines*

1. Participants check in by stating name, age and event. Confirm that each participant is entered in the event for which he/she is registered. Place a checkmark opposite the name when they check-in. If their name is not on the list, contact the Local Meet Director.
2. Give each participant a "Certificate of Participation" (Master copy available in the Rule Book and Manual).
3. Give each participant a program with order of events.
4. Give a hand out with next level of competition to those that qualify.

# Volunteers

## *recruitment*

1. Refer to list of previous year volunteers/officials-phone numbers and previous year's assignment sheets.
2. Set up a grid-like volunteer assignment sheet (sample on next page)
3. Call people personally and fill out volunteer/officials grid. Follow-up until you have recruited enough volunteers/officials.
4. Send confirmation letter out no later than one week before meet.
5. Type staff/volunteer/officials assignment sheets.
6. Send thank you notes.

# Directional Signs

Restroom  
Information  
Softball Area

Registration  
Awards Table  
Standing Long Jump

Concessions  
First Aid  
Clerk of Course  
area

# Meet Officials'

## Job Duties

### *head finish official*

1. Designate Finish Line officials who will time first, second, and third, (etc.) place finishers.
2. Oversee Finish Line Area.
3. At the beginning of each race, ask timers to be ready with their watches cleared.
4. In the relays, get signal from passing zone judges that the teams are ready at each zone.
5. Notify starter with flag or whistle when ready.
6. After relays, check with passing zone judges to make sure that the handoffs were in the zones. Notify recorder if there was a violation.
7. Deliver event results to recorder before next race.

### *recorder*

1. Ask for place finishers in order of 1st through last place.
2. As times are recorded, note whether they are in order of places. If there is a time error, the picker's choice takes precedence over the timer's results, PLACES STAND. Give both runners the lowest of the two times.
3. Remind timers not to clear their watches until given the okay.
4. Get event sheets prior to each race.
5. Deliver event sheets to the results table.

### *timers*

1. Your job is to time an assigned place in each race.
2. There should be two watches, if possible, for first place.
3. Practice starting, stopping and resetting your watch a few times before an actual race.
4. Be alert to the Head Official—that person is in contact with the starter. He or she will tell you when to be ready and the distance of the race. Hand signal will be used with whistle to inform the starter.
5. Your timing cue is the smoke from the starter's pistol, not the sound.
6. After a race, go out onto the track with your picker and escort the runner back to the recorder. Only announce your time to the recorder.
7. Announce the time when asked, after the picker has given the runner's name.
8. Don't clear your watch until the recorder has okayed it.
9. All heats are timed-be prepared.
10. Picker selection takes precedence over stop watch results.

### *finish judges*

1. In each race, your primary job is to pick the place finisher that you've been assigned.
2. Immediately after each race, go out onto the track and greet the child you've chosen. Escort the participant to the recorder, and ask them for their name.
3. Announce to the recorder the place and the participant's name.
4. In the event of a preliminary heat, some pickers may have to escort their finishers to the waiting area for the final heat.
5. All finishers get to pick up participation ribbons (if used) at the awards table. Race results may also be available.
6. In the case of the dashes, there may be more than one judge on the first two places required.

### *clerk of course*

1. Responsible for recording the name and number of each competitor and shall assign each runner to the proper heat and starting position. He/she is responsible for giving all necessary instructions concerning the rules governing the race.
2. Final check to make sure shoes and uniform comply with Rule Book and Manual.
3. Assign running numbers when applicable



## Local/district/regional meet officials/volunteers

This list of officials/volunteers can be overlapped for local meet purposes.

Depending upon the number of participants in the meet, you will need the following Meet Officials:  
Arrange an officials organization meeting prior to the start of the meet.

Meet Director/  
Meet Referee

---

Announcer/  
Awards Presenter

---

Recorder

---

Clerk of Course

---

---

Finish Judges/  
Timers (1-8)

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---

---

Head Judge/  
Head Timer

---

---

Starter

---

Turn/Lane Inspectors-  
can use field event  
officials(3)

---

---

Softball Throw  
Judge/Measurer

---

Recorder

---

Ball Chaser  
(use volunteers/kids)

---

Standing Long Jump  
Judge/Measurer

---

Recorder

---

Note: Some of these volunteers can be used to register participants before the meet.

## Procedures for the Day Before Meet

1. Get van/truck and load equipment.
2. Confirm sound system.
3. Confirm concessions.
4. Confirm Red Cross/first aid involvements.

## Procedures for Day of Meet

1. Set up field, signs, tables, copy of program, and large schedule of events.
2. Set up typewriter or computer equipment and give the typist results from last year as reference.
3. Check to make sure the following are ready: sound equipment, awards area, timing devices, announcer, Medical (Red Cross/first aid) and restrooms.
4. Mark 50 meter(54 yards, 24.5 inches) start line.
5. Mark 1600 meter start line which is 30' and 8" less than a mile.
6. Set up softball throw areas: have lines marked on field and have 300 ft. measuring tape (measure in feet and inches to the nearest one quarter inch-except in Canada-See Rule 8).
7. Set up for standing long jump; rake, measuring tape (measure in feet and inches to the nearest one quarter inch-except in Canada-See Rule 8).

## Announcer

1. Greet announcer and confirm everything needed (chair, table, set-up of speakers) is available.
2. Review the program and schedule of events.
3. List any key speakers, guest, or special concerns.

This would include announcements such as:

- Please stay off the track
  - Upcoming events, final heats
  - Location of restrooms, concessions
  - Winner of each event
  - Ribbons that haven't been picked up
  - That not all state/provincial winners will be advancing to the regional team for the North American Final meet
4. Every 20-25 minutes monitor the announcer and ask if there's anything else that they need (refreshments, missing information, etc.).
  5. Announce the regional selection process, i.e., **"that 5 must qualify rule"** several times during the meet. All regional winners will qualify for the North American Final Meet. (See rule 9, article 1.)

## Emergency First Aid

1. Greet Emergency Medical personnel and show them where they will be located during the meet.
2. Check on any additional items needed.
3. Periodically, check with first aid to see if there are any problems.
4. At the end of the meet, go over any medical concerns and thank the first aid staff for their participation.

# Guidelines for Spectators and Participants

1. Unsportsmanlike conduct will disqualify a participant, i.e., disrespect, profanity, throwing a baton.
2. A runner must stay in the lane assigned for the 50 meter, 100 meter, 200 meter, and 400 meter dashes and the 4 x 100 meter relay.
3. It is the participant's responsibility to report to the bullpen area for an event on time. Participant must listen for the announcement of his/her event.
4. Disqualification of a participant is caused by entering too many events, competing in the wrong age group, aiding a participant directly or indirectly (accompanying participant to starting area, running along side participant, or being stationed at points along the track to aid or coach participant), second false start, interference, lane infraction or unsportsmanlike conduct.
5. Lane and position may be drawn randomly or seeded according to guidelines adopted by the Board of Review.
6. In the relay event, the baton must be passed within the exchange zone. No aid may be used on the track. The baton must be handed, not thrown. The runner passing the baton should remain in the lane so as not to interfere with a runner in another lane. Rules relative to fouling, coaching, or impeding a runner apply to relays.
7. A regulation baton must be used. It may not be wrapped with tape.
8. A participant may be excused from a field event to participate in a running event. The individual should return directly to the field event following the running event.
9. No spikes or shoes designed for spikes will be allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed. The participant's shoes cannot be used to gain an advantage. No athlete will be allowed to compete in bare feet. (See Rule 1, Section 3, Article 4)
10. Jewelry, hair beads and decoration, sunglasses (except prescription) shall not be allowed during competition.
11. A participant may enter only one local and/or district/regional meet.
12. The winners at local meets advance to the district/regional meets in states/provinces where district meets are held.
13. Selection to the Regional Team is *not* automatic by winning first place at the state/provincial final. Each state/province is represented by no less than five (5) participants. All regional winners will qualify for the North American Final Meet.

# Field Events

Local/District/Regional/State/Provincial Meet

Event \_\_\_\_\_  
Age Group (Boys/Girls) \_\_\_\_\_

Event Number \_\_\_\_\_  
Time \_\_\_\_\_

**\*Note:** Record the distances in feet and inches measured to the nearest one quarter inch- (except in Canada). Circle the placing distances or jumps.

Name	Local Agency/Community	District/ Region	*1st Try	*2nd Try	*3rd Try	Place

Official Signature

# Track Events

Local/District/Regional/State/Provincial Meet

Event \_\_\_\_\_

Event Number \_\_\_\_\_

Age Group (Boys/Girls) \_\_\_\_\_

Time \_\_\_\_\_

**\*Note:** Record the times to the nearest hundredth

Lane	Name	Local Agency/Community	District/ Region	Time	Place

Official Signature

# Official Local Entry Form



Not every winner at the State/Provincial Final will automatically advance to the North American Final due to the geographical distribution rule which states that a minimum five participants from each State/Provincial Group will compete in the North American Final. A participant may enter only one Local and/or District/Regional Meet. All regional winners will qualify for the North American Final Meet.

## Please Print

Name \_\_\_\_\_  
(Last) (First) (Middle Initial)

Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip/Postal \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_ Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

E-mail \_\_\_\_\_

**Participants can enter either two track and one field or two field and one track event up to and including the State/Provincial Final. Please circle the events you wish to participate in at this meet.**

### Boys 9-10 (Born in 1996-1997)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

### Boys 11-12 (Born in 1994-1995)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

### Boys 13-14 (Born in 1992-1993)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

### Girls 9-10 (Born in 1996-1997)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

### Girls 11-12 (Born in 1994-1995)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

### Girls 13-14 (Born in 1992-1993)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw



## Relay Team (circle age)

**Boys 9-10,**  
(born in 1996 or 1997)

**11-12,**  
(born in 1994 or 1995)

**13-14**  
(born in 1992 or 1993)

1. \_\_\_\_\_  
(First Name) (Last Name)

2. \_\_\_\_\_  
(First Name) (Last Name)

3. \_\_\_\_\_  
(First Name) (Last Name)

4. \_\_\_\_\_  
(First Name) (Last Name)

## Relay Team (circle age)

**Girls 9-10,**  
(born in 1996 or 1997)

**11-12,**  
(born in 1994 or 1995)

**13-14**  
(born in 1992 or 1993)

1. \_\_\_\_\_  
(First Name) (Last Name)

2. \_\_\_\_\_  
(First Name) (Last Name)

3. \_\_\_\_\_  
(First Name) (Last Name)

4. \_\_\_\_\_  
(First Name) (Last Name)

## REGULATIONS

### Eligibility

Name of School/Community \_\_\_\_\_

City, State/Province \_\_\_\_\_

Age as of December 31, 2006 \_\_\_\_\_

\*All participants must compete in their age group and sex division.

\*A legal birth document must be presented to the local sponsoring department or agency at the local meet.

Emergency Information: \_\_\_\_\_  
Mother and Father or Guardian's Name

Emergency number other than that listed (A close relative to be notified): \_\_\_\_\_

The above named participant and the participant's parent/guardian have requested registration of the participant in the Hershey Youth Program. In consideration of such registration, the right of the participant to compete in the Hershey Youth Program and the use by the participant of the sponsoring agency's facilities and equipment, both the participant and the parent/guardian each acknowledge that the participant will be competing in the Hershey Youth Program and sponsoring agency's facilities at the participant's sole risk and the participant, on his or her own behalf and on the behalf of his or her heir, executors, administrators and assigns hereby release, discharge and agree to hold harmless The Hershey Company and its franchises and the National Recreation and Park Association, USA Track & Field and Athletics Canada. **We understand that those participants who advance to the state/provincial level and are winners at this level do not automatically advance to the regional level for the North American Final Meet. This is covered under Rule 9, Article 1 in the rule book.** We also agree to allow the Hershey Youth Program to use and reproduce the participant's name and/or likeness and/or information concerning the participant and to circulate the same for any and all purposes in any manner. We certify that the information on this participation form is correct.

\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Date)

# Hershey's Track & Field Games

## *Fact Sheet for 2006*

### **what**

Hershey's Track & Field Games (29th Anniversary)

### **who**

Boys & girls, ages 9 to 14

### **where**

Meets are held in all 50 states, the District of Columbia and the 10 provinces and 3 territories of Canada. State/provincial finalists are eligible for selection to Regional Teams. All regional winners will qualify for the North American Final Meet. To ensure fair representation of participants from all 50 states, the District of Columbia and Canadian provinces and Territories, a minimum of five finalists are selected from each state/provincial group to be part of the regional team attending the North American Final at Henry Hershey Field on the campus of Milton Hershey school, in Hershey, Pa.

### **when**

April, May, June and July-Local/District/Regional/State/Provincial meets.  
Saturday, August 5, 2006-North American Final Meet in Hershey, Pa.

### **why**

To promote physical fitness, participation, friendship and sportsmanship.

### **sponsors**

Sponsors: The National Recreation and Park Association, USA Track & Field, Athletics Canada and The Hershey Company.

### **general**

The Hershey Youth Program has been a national event and now a North American event for the past twenty-eight years. Initiated as a playground track and field program in 1975 in Charleston, WV, by Dr. Donald P. Cohen, Hershey's Track & Field Games has become the largest youth sports program of its kind in North America. The program was offered on a state-wide level in West Virginia in 1976, became a 10-state regional event in 1977, and offered nationally in 1978. Participants from Ontario, Canada, participated at the first North American Final in 1996. Participants representing all provinces and territories of Canada are eligible to qualify for the North American Final.

### **events**

#### Track

50 meter dash  
100 meter dash  
200 meter dash  
400 meter dash  
4 x 100 meter relay  
800 meter run  
1600 meter run

#### Field

Standing Long Jump  
Softball Throw

Hershey's Track & Field Games  
The Hershey Company  
175 Crystal A Drive  
Hershey, PA 17033  
717-534-8087 (Bus.)  
717-534-7078 (Fax)

# Sample Release Announcing a Local Meet

## Local Contact:

(Name)

(Title)

(Address)

(Phone)

## State/Provincial Contact

(Name)

(Title)

(Address)

(Phone)

## For Immediate Release

(City)-(Date)- Approximately (#\_\_\_\_\_) 9 to 14 year old boys and girls from (City or Town) will compete (Date) at (Location) in the (City or Town) running of the Hershey's Track & Field Games. This is the 29th anniversary of this program.

Winners in the (City or Town) meet will advance to the district/regional/state/provincial meet on Saturday, May/June \_\_\_\_\_. Local/District/Regional meet winners will advance to the state/provincial final in June/July \_\_\_\_\_. State/provincial meet winners do not automatically advance to the North American Final. They are entered into a regional pool and become eligible for selection to a Regional Team which will travel to Hershey, Pennsylvania, to compete in the North American Final, held Saturday, August 5, 2006. All regional winners will qualify for the North American Final Meet.

Events will include the 50 meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 4x100 meter relay, standing long jump, and softball throw.

The Hershey Youth Program has involved millions of youngsters from all 50 states, the District of Columbia and the 10 provinces and 3 territories of Canada. It is sponsored by the National Recreation and Park Association, USA Track & Field, Athletics Canada and by The Hershey Company.

The state/provincial sponsor of this program is (agency \_\_\_\_\_). The local sponsor of this program is (agency \_\_\_\_\_).

Hershey's Track & Field Games is designed to encourage physical fitness among youth and emphasize participation and sportsmanship.

(Add details of Local Meet planning)

# Press Release

## Local Contact

Name \_\_\_\_\_  
 Title \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone \_\_\_\_\_

## State/Provincial Contact

Name \_\_\_\_\_  
 Title \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone \_\_\_\_\_

## 2006 Hershey's Track & Field Games

### Meet Results

Girls or Boys Ages \_\_\_\_ & \_\_\_\_ (born in \_\_\_\_ or \_\_\_\_)

#### 50 Meter Dash

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

#### 100 Meter Dash

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

#### 200 Meter Dash

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

#### 400 Meter Dash

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

#### 4 x 100 Meter Relay

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

#### 800 Meter Run

Place	Name	Community	Distance
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

#### 1600 Meter Run

Place	Name	Community	Distance
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

#### Softball Throw

Place	Name	Community	Distance
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

#### Standing Long Jump

Place	Name	Community	Distance
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

# North American Regional Map



## Region 1

Illinois  
Indiana  
Iowa  
Michigan  
Minnesota  
Missouri  
Ohio  
Ontario, Canada  
Wisconsin

## Region 2

Arizona  
California  
Hawaii  
Nevada  
Utah

## Region 3

Alaska  
Alberta, Canada  
Northwest Territories  
British Columbia, Canada  
Yukon  
Idaho  
Montana  
Oregon  
Washington

## Region 4

Arkansas  
Louisiana  
Mississippi  
New Mexico  
Oklahoma  
Texas

## Region 5

Colorado  
Kansas  
Manitoba, Canada  
Nebraska  
North Dakota  
Saskatchewan, Canada  
South Dakota  
Wyoming

## Region 6

Atlantic Provinces, Canada  
New Brunswick  
Newfoundland/Labrador  
Nova Scotia  
Prince Edward Island  
Connecticut  
Maine  
Massachusetts  
New Hampshire  
Rhode Island  
Vermont

## Region 7

Delaware  
Maryland  
New Jersey  
New York  
Pennsylvania  
Quebec, Canada  
Nunavut  
Washington, D.C.

## Region 8

Alabama  
Florida  
Georgia  
Kentucky  
West Virginia  
North Carolina  
South Carolina  
Tennessee  
Virginia



29th ANNUAL

# HERSHEY'S<sup>®</sup>

## TRACK & FIELD GAMES



**Athletics Canada**  
**Athlétisme Canada**

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